

The Next Mission: Going Back to School

Linda: I was placed with an individual that was trained in trauma therapy. We met and did something called prolonged exposure. It was the foundation of me getting better. I went back to school, got my psychiatric nurse practitioner. Now actually, I work at the VA.

Ryan: I was introduced to a lot of different therapies, cognitive processing therapy. I was introduced to prolonged exposure therapy. I was introduced to yoga. It gave me a basic toolbox. It gave me something to work with. I ended up graduating from Massage Therapy School with a 3.7. From 18 medications to four.

Ashley: I think probably my most utilized resource at the VA though, was the Voc Rehab Program. When I got in, I wanted to go back to school. I got my degree, my master's degree in social work. I did do my internships at the VA and the Vet Center. It focused it a lot on veterans.

Ed: It's just amazing how the place that saved me from the streets actually now give me the opportunity to serve. The VA sent me to school. I went to school for social work. I'm like, know what? Let me help somebody.

Ryan: Nobody's there to give you that next mission. But there are all kinds of people, both at the VA and other veteran service organizations, that can help you figure out what your next goal should be.

Linda: We all did very well in the military because we had a mission to do. If they find that, whether it's in business, whether it's with a nonprofit, whether it's volunteering, they find that, it's going to help them get past many of the hurdles in their life.



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